



THE LEADER

Vol. 38, No. 24

Grand Forks Air Force Base, N.D. ♦ www.grandforks.af.mil

June 20, 2003

Enjoying North Dakota

Summer is as good a time as any to experience
everything North Dakota has to offer . . .

-- see Pages 12-13

319th Air Refueling Wing ♦ Winners of the Air Force Outstanding Unit Award (July 2000 to June 2002)

Inside: Improving health care

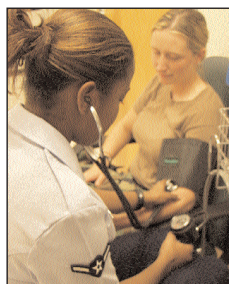
Weekend weather

Today	84/55	partly cloudy
Saturday	78/58	scat. T-storms
Sunday	75/55	isol. T-storms
Monday	75/55	mostly cloudy



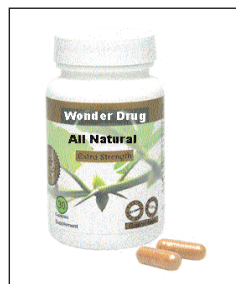
Weather information courtesy
319th Operations Support Squadron weather flight

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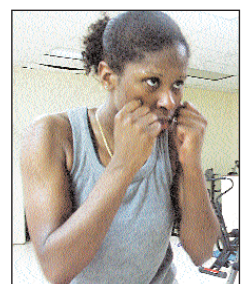
How wonderful are they?

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Tough fight

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Post-deployment assessment improves health care

By Tech. Sgt. David A. Jablonski
Air Force Print News

WASHINGTON — The Air Force surgeon general is meeting the health challenges of airmen returning from Operation Iraqi Freedom with a more vigorous, face-to-face approach.

Health-care providers have expanded and improved existing procedures by combining a larger database of existing health information about airmen, with more detailed information collected throughout their deployment, said Col. Deneice Van Hook, the SG's director of operational health support.

Injuries, changes in health, environmental conditions, and other potential factors are looked at with greater scrutiny to ensure any changes are documented and assessed, she said.

"Throughout the '90s we have always done post-deployment health assessments, but our approach now is much more robust," Van Hook said. "In the past, our post-deployment health-assessment questionnaire was a minimal form with six questions. The new form has 24 questions and airmen now meet face-to-face with health-care providers to look at actual things they may have come in contact with while deployed, and to personally and privately discuss physical- or mental-health issues. It gives them a more secure feeling that somebody cares about their health."

This aggressive approach is part of a process that spans the length of an air-

man's career from accession through retirement and beyond, she said.

"The improvements in automation over the last 10 years have helped us compile personal health-care data and look at it in a better way," Van Hook said. "It's part of an ongoing process to improve our ability to care for airmen."

Before an airman deploys, health-care providers ensure all data is current and that any pre-existing conditions that may preclude deployment, such as pregnancy, are identified. Airmen also complete a detailed pre-deployment questionnaire, receive a thorough medical records review, provide a blood sample, and obtain information about possible hazards that may exist at the deployment location.

During the deployment, health, and health risks are monitored, usually by a deployed preventive-medicine team. The team monitors issues such as food, water and environmental hazards. Any chemical or biological threats are assessed on the spot and adjustments for protection are made while in theater.

For example, if mosquitoes present a malaria threat, technicians can devise a plan to control the threat and provide preventive treatment. Teams are also able to adapt to changes within the deployment location or to follow-on locations.

As part of the redeployment process airmen also undergo a detailed, face-to-face health assessment. Technicians ensure a new blood sample is collected

and stored for future reference. Within 30 days of return, a quality-assurance check is performed to ensure all requirements were met and the medical record is complete.

"Our focus is preventive and long term," said Van Hook. "Our goal is to have a total health picture of the individual by capturing conditions in their workplace, in their home and at every

location that person has deployed to. We take a look at how all these things interact so we can do a better job at predicting and preventing potential illnesses."

This preventive approach to health care at work, at home and in the field represents a more long-term approach that allows health-care providers to better predict illness and keep one step ahead of the threat, Van Hook said.



Photo by Senior Airman Joshua G. Moshier

Airman Sharjah Jacobs checks (Army) Spc. Stephaie Heffer's blood pressure. The post-deployment assessments have expanded to provide more information to primary providers.



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Col. Keye Sabol
319th Air Refueling Wing commander

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Roadmap outlines recapitalization of tanker fleet

By Staff Sgt. A.J. Bosker

Air Force Print News

WASHINGTON - Grand Forks Air Force Base is slated to get 32 KC-767s as part of a plan released Wednesday outlining the retirement of the remaining 133 E-model KC-135 Stratotankers. The plan proposes the integration of the 100 KC-767A tankers the Air Force is leasing from Boeing.

Through the “tanker roadmap,” the Air Force is laying out the initial stages of tanker recapitalization which run through 2017, according to Col. Scott E. Wuesthoff, chief of the Air Force global mobility division at the Pentagon.

This recapitalization is critical because the average age of the service’s KC-135 E-model tanker is more than 43 years old and getting older every day, the colonel said.

The KC-767s have greater range, carry a larger payload and more passengers, can be aurally refueled itself and can refuel any type of receiver aircraft with its boom or drogue.

“It is also capable of taking off at maximum gross weight from approximately 1,000 more runways around the world than the KC-135, allowing the warfighter numerous options and increased flexibility,” he said.

“These Eisenhower-era aircraft are the oldest combat weapons system in the inventory and have been experiencing ever increasing maintenance costs and serious corrosion problems, which equate to decreasing availability and less bang-for-the-buck,” he explained.

“As the Air Force retires the 133 E-model KC-135s and brings on board the 100 KC-767s, the Air Force gains both capability and availability.”

The tanker roadmap addresses the realignments in the tanker force structure associated with the introduction of the KC-767As and the retirement of the KC-

135Es. As part of the overall roadmap, the following ARC units will convert from E-models to R-models: Salt Lake City International Airport, Utah; Bangor IAP, Maine; Pittsburgh IAP, Penn.; Forbes Field; McGhee-Tyson ANGB, Tenn.; McGuire AFB, N.J.; Scott AFB, Ill.; Sioux City ANG, Iowa; Beale AFB, Calif.; and Selfridge ANGB, Mich.

“As we retire the E-models from the Air Reserve Component, we’ll standardize the number of primary aircraft assigned to a squadron,” Col. Wuesthoff said. “For the ARC, that will be eight R-model KC-135s and for the active duty that number will be 16.”

Fairchild Air Force Base, Wash., will be the first active-duty base to receive KC-767s when it begins the transition from KC-135 R-models to the new tanker; deliveries begin in fiscal 2006.

Upon completion of the tanker force structure movements in 2010, the roadmap indicates Fairchild will have 32 767s.

The transition will increase the number of personnel assigned per crew position on each aircraft from 1.36 to 1.75.

A tanker crew complement consists of the aircraft commander (pilot), co-pilot, and boom operator.

To prepare McConnell for the new KC-767, the Air Force plans to pump up to \$200 million of military construction into the base.

The eight tanker R-model Air National Guard squadron at Fairchild will be unaffected by the active duty changes.

McConnell AFB, Kan., currently has 48 R-model tankers in active-duty service and nine R-models in the Air National Guard.

There are 10 E-models at Forbes Field. The active force at McConnell will lose 18 aircraft in 2004-2005 before they begin adding to the fleet to peak at 64 active duty tankers.

In addition, McConnell is slated to retain eight of the

nine R-model ANG aircraft, giving them a total of 72 tankers overall, justifying their “super-wing” designation.

The ANG at Forbes Field will drop two of their E-models in 2004 and switch to all R-models by 2006, giving them an end state of eight R-models.

Grand Forks AFB, N.D., is slated to begin its transition from 48 R-models in 2005 and eventually gain 32 767s by 2009.

This move also adds up to \$176 million in military construction.

MacDill AFB, Fla. is slated to give up its 12 R-model tankers by 2010 and receive 32 767s by 2011. This move will raise its end-state personnel, but final figures are yet to be determined.

Military construction as a result of the transition may reach up to \$200 million.

Finally, Robins AFB, Ga., will be the last base to deplete its tanker inventory; the base will not receive new tankers, but this action will make way for future missions.

“This is really only the first step in the recapitalization of the fleet,” Col. Wuesthoff said.

A new tanker requirements study and associated analysis of alternatives to determine the best options to recapitalize the remaining tankers are currently in the planning stages because the strategic environment has changed as a result of 9/11, post 9/11 operations and our overall military strategy, he explained.

All viable options will be considered during this analysis.

“Ensuring we have a robust air refueling force enables us to protect our homeland, conduct combat operations worldwide and provide humanitarian relief around the world,” he said.

“We’re an aerospace nation, and our tankers allow us to do things no other nation in the world can do. They’re an essential part of the overall global mobility equation.”

Wing Top Three sponsors NCO enhancement seminar

By Master Sgt. Barbara Dalton
319th Mission Support Squadron

Formal opportunities of professional development for enlisted personnel are well known by most airmen as Professional Military Education, Airman Leadership School, Noncommissioned Officer Academy and Senior Noncommissioned Officer Academy.

These schools are offered to enlisted personnel at certain points in their career to provide the latest supervisory techniques and skills.

There can often be a large gap between ALS and NCOA, leaving few formal options for staff sergeants and technical sergeants to expand on their supervisory tool box.

The NCO enhancement seminar fills that gap by providing these enlisted personnel a myriad of supervisory concepts.

The seminar lasts two days and is action packed. There is never a dull moment with numerous opportunities for mentoring and exchanging useful information.

The following staff sergeants and technical sergeants completed the most recent course on June 11:

- ▶ Staff Sgt. Jason Abshire (319 MXS)
- ▶ Staff Sgt. George Anthony (319 AMXS)
- ▶ Staff Sgt. Will Bruhn (319 CES)
- ▶ Staff Sgt. Patrick Buckley (319 SFS)
- ▶ Staff Sgt. LeThuy Clegg (319 CS)
- ▶ Staff Sgt. Dale Daigneault (319 AMXS)
- ▶ Staff Sgt. Tracy DeMar (319 MSS)
- ▶ Staff Sgt. John Dodd (319 MDSS)
- ▶ Staff Sgt. Anne Graves (319 MDSS)
- ▶ Staff Sgt. Patricia Johnson (319 AMDS)
- ▶ Staff Sgt. Danielle Johnson (319 CES)
- ▶ Staff Sgt. Robbyn Joseph (319 MOS)
- ▶ Staff Sgt. Brian Myhre (319 LRS)
- ▶ Tech. Sgt. Kimberly Novak (319 CS)
- ▶ Staff Sgt. Harold Peete (319 SVS)
- ▶ Staff Sgt. Charles Porter (319 LRS)
- ▶ Staff Sgt. Anne Rivera (319 SVS)
- ▶ Staff Sgt. Kelli Stover (319 CPTS)
- ▶ Staff Sgt. Daniel R. Turner (319 SFS)
- ▶ Staff Sgt. Paul VenderGeeten (319 AMXS)
- ▶ Staff Sgt. Russell Veurink (319 LRS)
- ▶ Staff Sgt. Nora Winkler (319 LRS)
- ▶ Staff Sgt. Matthew Wireman (319 OG)

Wing senior NCOs and base agencies brief on topics such as NCO responsibilities, counseling techniques, discipline, enlisted performance reports, bullet statements, performance feedback, recognition program, education, family support, legal and area defense, military equal opportunity, behavioral health, and finally the command chief and chief's group provide an open forum for the students.

Most recently, 23 students completed the seminar with outstanding feedback. The students left saying they would recommend this seminar to other NCOs because they "walked away with new knowledge and new friends."

If you are interested in attending the NCO enhancement seminar, contact your unit first sergeant for more information.

Achieving company grade excellence

By 1st Lt. Rob Lazaro

Public affairs

The Grand Forks Air Force Base's Company Grade Officers Association was recognized as the best CGOA in 2002 for the Western Region at the CGOA annual conference held June 2 through 6 at Patrick Air Force Base, Fla.

They achieved this distinction through numerous service projects, professional development programs, and camaraderie building at social gatherings. Their efforts not only brought base CGO's closer by networking issues and problems with peers, but they also helped bring the entire community closer by offering their services to families of deployed members and the greater Grand Forks area.

"We were very excited about winning this award, particularly because we are a relatively small base compared to other bases with more CGO's assigned, and bases near bigger cities had different opportunities," said Capt. Carrie Kilareski, Grand Forks AFB CGOA president. "One neat thing about our CGOA is that it is 'a la carte' - we offer a variety of programs and people pick and choose what they want to be a part in. Our numbers are consistent, but it can be a different crowd for each function."

A program that grew much in popularity and use during the war is the three-tiered mentoring program that consists of the youth mentoring program, O-6 shadow program, and the field grade officer and company grade officer mentoring program. The youth program provides children in grades kindergarten through

12 with a positive adult role model to help ease the impact of having a parent on an extended temporary duty.

The O-6 shadow program allows CGO's to experience a day in the life of a colonel, while the FGO/CGO program allows for a more long term mentoring opportunity for new assigned and junior officers.

In addition, the CGOA have had a variety of guest speakers at monthly meetings ranging from wing leadership to Air Mobility Command and 15th Air Force commanders to guide the program's development. Another key success was the support staff vision that kept the organization on target with goals of one professional development trip, one service project, and a minimum of one social a quarter.

-- see CGOA, Page 6

News

-- CGOA, from Page 5

“The absolute key to our success is the outstanding wing leadership support that CGOA has continued to receive,” said Capt. Kilareski. “For the past two years, we have been fortunate to have the vice wing commander for our advisor, and Col. (Steve) Wayne is continuing this tradition.

“In addition to the advisor, the wing commander, Col. (Keye) Sabol has been a very active supporter of CGOA and our programs.”

The conference provided a forum to share these ideas with other bases, learn what their CGOA are doing, and receive good cross-flow of information.

“It was interesting to see, at the National CGOA Conference, how vastly different each CGOA is. Each focuses on one area more than others - whether social, service projects, base tasking, fundraising and donating money, and professional development.” said 2nd Lt. Kristy Herman, CGOA treasurer. “The past two years, our focus has been on professional development, while not forgetting about the other areas.”

With the next CGOA meeting scheduled for 11:30 a.m. June 26 at the Plainsview Golf Course and annual elections taking place in July, there are many opportunities for lieutenants and captains to get involved.

For details on base CGOA, call Capt. Kilareski at 747-4505, or visit their website on the Intranet site under services.

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AMC first sergeants visit Charleston, swap knowledge

By Master Sgt. Angel Newman
437th Airlift Wing Public Affairs

CHARLESTON AIR FORCE BASE, S.C. — First sergeants from across Air Mobility Command came together here this week to enhance their professional development.

Nineteen diamond-wearing senior NCOs participated in the command's annual first sergeant conference, hosted by the 437th Airlift Wing.

Topics ranged from career field management issues to specialty areas such as dealing with crisis, legal concerns, suicide awareness and deployments. Command chiefs from AMC, 21st Air Force and Charleston AFB led the group through a wide range of discussions.

"This is a terrific opportunity for our first sergeants to come together and discuss staff concerns and issues, fine tune our talking papers and cross feed our best practices," said Chief Master Sgt. Mike Kerver, AMC and U.S. Transportation Command command chief. "It's invaluable to have crossfeed like this. A lot will be

discussed off-line, and people will look at policies and procedures they may not have considered before and take this knowledge back to their units. We really appreciate [Charleston AFB] and First Sergeant Council's here for the logistics support."

Representatives from each AMC base, along with command tenant units extending as far as Japan and Germany, made the trip for the conference. Despite operations tempo continuing to run high, senior leaders feel this time was well spent.

"As commanders, we rely heavily on our first sergeants," said Col. Brooks Bash, 437th AW commander. "They help keep squadrons focused on the mission."

For first sergeants, the mission is people, and what better way to hone their skills than to build on each other's experiences?

"People are our number one resource," said Chief Master Sgt. Bruce Barton, 21st AF command chief. "Helping those people find solutions to difficult problems is the core of a first sergeant's job. Having a well-trained first shirt is essential."

With more than 200 first sergeant authorizations in AMC, consolidating and sharing information is crucial, according to Chief Kerver. To aid in this process, this year's conference brought in key players in the first sergeant career field, including the special duty and assignment managers.

One of the major goals discussed was recruitment.

Air Force-wide manning levels are expected to drop to under 90 percent in August, according to Senior Master Sgt. Chris Anthony, first sergeant special duty manager. "We need to fill our first sergeant positions at 100 percent," said Sgt. Anthony.

With expected attrition rates, he said 350 new "diamond seekers" are needed over the next year and another 250 every year thereafter. This was a challenge recognized by all the participants, but also one they embraced.

"We will continue to spread the word about first sergeant opportunities," said Chief Master Sgt. James Roy, 437th AW command chief. "We have great people in the positions now, like those represented at the conference, and we'll just need to find more like them."

Briefs

ALS Retreat

The Airman Leadership School will hold a retreat ceremony today at 2:30 p.m. at the Airman Leadership School building on Holzapple Ave., near the base dormitories. All are welcomed to attend.

Dress is uniform of the day.

MDG closures

The 319th Medical Group holds Medical Readiness Training on the third Friday of every month from 7:30 a.m. to 1 p.m. This required training enables the 319th MDG to continuously learn, maintain and provide elite patient care during contingency or disaster operations. The clinic will provide emergency ambulance response only during this time.

Future training dates for the 319th MDG are July 18, Aug. 15, Sep. 19, Oct. 17, Nov. 21 and Dec. 19.

For details, call Staff Sgt. Wanda Jenkins at 747-5446.

Operations Security tip

Critical information is always required to be shredded. Shred all documents, instead of simply throwing them in the trash. Simple things like planning notes can provide valuable clues to the adversary. The aggregate of information found in the trash can be very dangerous to our interests. Some examples include: old plans, checklists, wing duress words, entry codes, personnel information, mission essential information, building priority lists, call signs matched with names, planning notes and flight schedules.

Identity theft continues to be a big problem in the US. Shred all paperwork that has your personal or credit information.

Centennial of Flight (1903-2003):

This week in flying

June 20, 1923 - The Army's first all-metal airplane, the CO-1, made its first flight.

June 21, 1930 - Randolph Field at San Antonio, Texas, is dedicated.

June 22, 1946 - Two Army P-80s made the first jet airmail delivery.

June 23, 1942 - Operation "BOLERO" began to build up American forces in Europe.

June 24, 1943 - Lt Col W. R. Lovelace made a record parachute jump from 42,200 feet.

Base chapel

CATHOLIC:

Mass: 5 p.m. Saturday, 9 a.m. Sunday, Sunflower Chapel.
Daily Mass: Tuesday through Friday 11:30 a.m. Sunflower Chapel.
Reconciliation: 4 p.m. Saturday, or by appointment, Sunflower Chapel.

PROTESTANT:

Traditional worship: 10:30 a.m. Sunday, Sunflower Chapel.
Contemporary worship: 6 p.m. Sunday, Prairie Rose Chapel.
Young Adults: 6 p.m. Friday, Chaplain Swain’s home, 747-4359.
Men of the Chapel Bible Study: Noon Monday, Prairie Rose Conference Room.

JEWISH:

For details call Sheila Farquharson at 594-3960 or Synagogue B’nai Israel at 775-5124.

RUSSIAN/EASTERN ORTHODOX:

For details call Dr.. Levitov 780-6540.

MUSLIM, BUDDHIST, OTHER:

For details call 747-5673.

Base theater

Today, 7 p.m.

X2: X-Men United (PG-13)

Already living in a society that mistrusts them, the mutants are faced with even more discrimination after an unforeseen enemy — who may be a mutant with extraordinary powers — launches a devastating attack. The news of the assault causes a public outcry against mutants, including renewed support for the act that would require them to be registered, and William Stryker, a military leader rumored to have experimented on mutants (possibly including Wolverine), is among the most vocal supporters of the legislation.

Saturday, 3 p.m.

X2: X-Men United (PG-13)

Saturday, 7 p.m.

Identity (R)

James Mangold (Girl, Interrupted) directs a cast that includes John Cusack, Amanda Peet, and Ray Liotta in this mystery thriller about a group of 10 strangers stranded at a motel during a storm.

June 27, 7 p.m.

The Matrix Reloaded (R)

June 28, 3 p.m.

Daddy Day Care (PG)

June 28, 7 p.m.

The Matrix Reloaded (R)

June 29, 3 p.m.

Sinbad (PG)

**This is a pre-release and may be viewed free.*

June 29, 7 p.m.

Sinbad (PG)

**This is a pre-release and may be viewed free.*

Tickets: \$1.50 children, \$3 adults
For details, call 747-3021/6123.

Volunteers needed to help youth DEFY drugs

Compiled by Drug Education for Youth
Program directors

The base is looking for a few motivated individuals to assist with the Department of the Air Force's Drug Education for Youth program.

DEFY is offered at no charge to 9- to 12-year-old dependants of military members and civilian DoD employees. It consists of a week-long summer leadership day-camp and a year of follow-on mentoring that works to reduce the negative impacts of stress.

DEFY strengthens youth by providing them with the resistance and life skills they need to avoid involvement in drugs, gangs and crime. The free program also provides other important lessons on study skills, violence prevention, personal safety, diversity, conflict resolution and Internet safety.

"In order for DEFY to be successful, it needs from the military members, their spouses and civilian DoD employees in the area, who have the time and desire to make a difference in a child's life", said Tech. Sgt.

Chuck Stepp, DEFY program director.

DEFY is offered at no cost to Army, Navy, Air Force and Marine bases. The Department of the Air Force funds both supplies and training for the program.

Mrs. Jennifer Baysinger, camp director said, "Anyone interested in volunteering or having their children participate in the DEFY program on base can pick up an application at the youth center, or call us at 747-5522."

"It's important that those interested contact us immediately so we can start planning for this year's leadership day camp," Mrs. Baysinger said.

DEFY provides positive role-model mentoring and community outreach to improve the quality of life of military personnel and their families. It is designed to produce graduates with character, leadership and confidence to engage in positive, healthy lifestyles as drug-free citizens.

Both phases of the program combine education on health, physical fitness, citizenship, and life skills. It gives children the skills they need to grow up smart and strong in a world that can present them with a confus-

ing array of choices.

Mr. David Frisch, program coordinator, said adult volunteers are needed to help military dependants learn the skills they'll need as they grow up. It takes at least one adult volunteer for every five children who participate in the DEFY program.

"This program is also an ideal example of what is possible when people unite for a worthwhile cause," said Mrs. Lashawna Harn, camp director. "It takes a lot of energy, and most importantly, a strong commitment to make a difference in the lives of our young people."

DEFY also relies heavily on the involvement of parents, who receive information and resources such as referrals to other youth organizations and Internet safety.

"DEFY is not a replacement for parents," Mr. Frisch said. "It's a tool for parents to use to help their children realize their potential."

Since its beginning in 1993, more than 30,000 youth world wide have graduated from the DEFY program. The DEFY website is www.hq.navy.mil/defy.

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The fall of a Cold War icon

By Staff Sgt. Mark Morgan
Historian, Western Air Defense Sector

While the Cold War is now approaching “ancient memory” status – at least for our younger service members and their families – the landscape of the United States is covered with monuments to the era.

These monuments included the facilities manned and employed by Aerospace Defense Command in the defense of the continental U.S. Some were the small, isolated long-range radar sites in communities like Finley, Dickinson and Fortuna, N.D., and Baudette, Wadena and Willmar, Minn.

The biggest artifacts, however, were undoubtedly the 22 four-story, reinforced SAGE direction centers. Anyone who’s ever served at an ADCOM command and control installation still remembers the huge structures that dominated the local landscape.

Hence, the recent demolition of Building 306 – “The Big Block Building” – truly marks the end of an era, not only for Grand Forks AFB, but also in the history of the nation’s Cold War air defenses.

During the 1950s, Air Defense Command’s command and control units relied on “manual” means to direct any air battle in the United States. These were the “good old days” that you may have read about or seen in movies like “The Battle of Britain,” with scattered long-range radar sites literally phoning in detection and tracking information to the divisional direction centers (DCs).

The DCs analyzed the information, plotted the incoming threat on plexi-glass boards and tables and then used the phone to alert the responding units: the fighter interceptor squadrons at installations like Duluth and Minneapolis-St. Paul Airports and Army Antiaircraft Command’s gun batteries. However, while reasonably effective against World War II and Korean War-era propeller-driven bombers and intruders, this network had severe limitations when it came to jet aircraft.

That changed during the mid-1950s with the development of a new computerized system, designated “SAGE.”

Built around the massive AN/FSQ-7 computer system – “Clyde” – SAGE

incorporated automatic data and transmission from the radar sites to the direction center. There, Air Force personnel quickly analyzed the information using repeater scopes, automatically determined the best response – fighters, anti-aircraft artillery or missiles – and then designated which units should respond.

On Feb. 18, 1957, the 478th Fighter Group activated at Grand Forks to control the fighter interceptor element at the new installation. Concurrently, work started on the new SAGE direction center, designated DC-11. The Grand Forks Air Defense Sector activated at the base on Dec. 8, 1957, under assignment to the 31st Air Division at Snelling Air Force Station in Minneapolis. After occupying Building 306 and several supporting facilities, the sector started working up its equipment and prepared to assume operational responsibility for the air defense of eastern North Dakota, western Minnesota and northern South Dakota.

On Jan. 1, 1959, the GFADS transferred to the operational control of the 29th Air Division (SAGE) at Malmstrom AFB, Mont. The big day finally arrived in April 1959: the Grand Forks Air Defense Sector formally commenced operations as an active SAGE direction center. In doing so it assumed control of the following fighter interceptor and radar units:

- ▶ 478th Fighter Group at Grand Forks
- ▶ The 739th Aircraft Control & Warning Squadron at Wadena AFS, Minn.
- ▶ The 785th AC&WS at Finley AFS, N.D.
- ▶ The 903rd AC&WS at Gettysburg AFS, S.D.
- ▶ The 916th AC&WS at Beausejour Air Station, Manitoba.

Notably, Grand Forks ADS was the first of the 29th Air Division’s subordinate C2 units to assume air defense responsibilities. By mid-1962 three other sector DCs had tied into the 29th’s network from Minot AFB (Minot ADS), Malmstrom AFB (Great Falls ADS) and Sioux City Airport (Sioux City ADS). Each performed the same operations: they monitored the skies and approaches to the upper Midwest, ran intercepts and participated in a seemingly endless series of air defense exercises.

Over the next few years Air Defense Command fine-tuned its radar, interceptor and SAGE network. F-101B Voodoos arrived at Grand Forks AFB in 1960, following the transfer of the 18th Fighter Interceptor Squadron from Wurtsmith AFB, Mich.

On Feb. 1, 1961, the 18th transferred from the inactivated 478th Fighter Group directly to the 478th Fighter Wing, Grand Forks AFB’s host unit. A month later the sector gained the 787th Radar Squadron (SAGE) at Chandler AFS, Minn. from the inactivating Kansas City Air Defense Sector.

Finally, in October 1961 the GFADS shut down the 916th AC&WS at Beausejour Air Station in Manitoba – the installation went to the Royal Canadian Air Force’s 48 (AC&W) Squadron – and transferred Gettysburg AFS in South Dakota to the Sioux City Air Defense Sector.

SAGE operations were supremely expensive and with newer aircraft such as the F-106 Delta Dart coming on line, Air Defense Command had to adjust its budget downward. Something had to give, including several fighter interceptor squadrons and SAGE sectors. Among the latter was the Kansas City ADS at Richards-Gebaur AFB, which inactivated Jan. 1, 1962, although its direction center remained in operation as a 29th Air Division command post for another four years.

In 1963 ADC inactivated five additional sectors: Grand Forks, Minot, San Francisco, Sault Ste Marie and Syracuse, all officially due to their proximity to high-value targets. Grand Forks certainly qualified with its wing of B-52Hs and KC-135s and Minuteman II missiles on the way.

On Dec. 1, 1963, the Grand Forks ADS officially inactivated and its units shifted to the adjacent Duluth or Sioux City Sectors.

Building 306 itself subsequently went to the 321st Strategic Missile Wing, the famous “Wing VI” of SAC’s Minuteman program.

Still, the Grand Forks Air Defense Sector had enjoyed a good six-year run, quietly performing its duties in an exemplary fashion with many successes.



Photo by Dennis Wolf

More than 150,000 flowers are planted each summer in brilliant and ever changing displays at the International Peace Garden. In the distance is the Peace Tower, the main focal point of the formal garden area. It was built in the early 1980's by the National Park Service as part of the park's 50th anniversary. It's four pillars stand over 100 feet tall and can be seen for miles above the surrounding forest. At night, the Peace Tower is illuminated by spotlights to create a beautiful symbol of unity.

In January 1931, an U.S. Geological Survey determined the center of North America in Pierce County. The Survey Bulletin Number 817 states: The geographic center on an area may be defined as that point on which the surface of the area would balance if it were a plane of uniform thickness, or in other words the center of gravity of the surface. The triangular station is the reference point for all property lines and city, county, State and international boundaries on the North American Continent that are tied to the national triangulation network of the united State, Canada, Mexico, and Central America. The center is marked with a monument or cairn that is pyramid form in shape. It is 21 feet high, 6 feet wide at its base, and setting on a heart shaped foundation. It was built across the highway, Northwest of its present location, by W.B. Paterson and E.B. Paterson with the assistance from local Boy Scouts and other young men in the community. The Rugby Lions Club donated cement and other materials used in the construction. It was completed in August 1932. It remained at that location until July 1971 when Highway 2 was four laned, and its location was becoming a frontage road. At that time it was moved to its present location on the southeast corner of the intersection of Highway 2 & 3.



No time to hide out at home Get out, go

By Senior Airman Joshua G. Moshier
Public Affairs

It's been said North Dakota knows three seasons – ice fishing, deer hunting and road construction. Many will tell you that's an indisputable fact. North Dakota does not have a metropolis. In fact, there are many cities in this country that are more populated than the entire state. However, while there is plenty of ice fishing, deer hunting and road construction to go around, that doesn't mean those are the only things going on.

"If you're coming to Grand Forks from someplace much bigger, and you haven't had much experience in an area like this, the first thing you need to do is take a deep breath and try to make a conscious effort to try something new," said Mr. John Gorman, 319th Services Squadron outdoor recreation program director.

For some people new to the base, they'd just as soon ride out their time here hiding in the confines of their own homes. However, with the right attitude, they may find their time in North Dakota more enjoyable than they expected.

"With the environment here, it's much easier to find something to do outdoors," Mr. Gorman said, "but if you're willing to search around, there are other things."

Outdoors activities the area offers seem endless. From the more popular hobbies of hunting and fishing to the lesser-known activities such as bird-watching, there is a little bit of something for every outdoor enthusiast just about anywhere they look.

Those who aren't as comfortable in the outdoors will have to do a little traveling, but cities such as Winnipeg, Manitoba, Minneapolis-St. Paul and Fargo are within driving distance and offer attractions more typical of big city life.

One base member not only made the transition from big city life to rural North Dakota, but accepted it and chose to retire here.

"I was about 19-years-old when I was first stationed at Minot Air Force Base," said Mr. James Bolton, a retired master sergeant and native of Jacksonville, Fla. "Coming from the city and the south, North Dakota was a culture shock for me. But, I had the right attitude and tried to learn the environment, learn the heritage and try new things. I realized there were some things I really enjoyed, like the sports of curling and ice-fishing in the winter, and barbecuing and camping in the summer."

While North Dakota leisure activities aren't for everybody, they'll never know if they don't go out and try them.

"I can't guarantee everybody will enjoy the things North Dakota has to offer," Mr. Gorman said, "but there are certainly lots of things for them to try."

And, that list of activities to try is not restricted to ice-fishing, deer hunting and road construction.

Other activities

People look for entertainment in different forms. For those who aren't as interested in the outdoor activities the area has to offer, there are several trips to locations in the area where the other spoils of life can be enjoyed.

Winnipeg, Manitoba – Winnipeg is three hours north of Grand Forks, just on the other side of the Canadian border. Considered the cultural center of Canada, this city of roughly 750,000 people has all the amenities of the big city with its own cultural flair.

The city has everything from zoos, museums, art galleries and parks for sightseers, to a night-life that includes casinos, clubs and a variety of theaters and restaurants.

For details on Winnipeg, visit www.tourism.winnipeg.mb.ca.

Fargo-Moorehead – An hour-and-a-half south of the Grand Cities, the Fargo-Moorehead area is home to a professional baseball and basketball team, the Redhawks and the Bees, and offers other attractions such as several water parks and concerts.

For details on the Fargo-Moorehead area, visit www.fargomoorehead.com.

Detroit Lakes, Minn. – Detroit Lakes is home to the annual "WeFest" and "BluesFest" celebrations each summer. These two events often feature some of the biggest names in country and western, and blues music.

Grand Forks – Just downtown, Grand Forks offers events such as the Farmer's Market and attractions like the River Cities Speedway. Just six years after the devastating flood of 1997, the city has a little taste of something for just about every interest, and it continues to grow.

Bismarck – The state's capitol and surrounding area is home to the Fort Abraham Lincoln State Park, a zoo, museums, and other cultural and historical highlights of North Dakota.

Minneapolis-St. Paul – Although it is a roughly six-hour drive, the Twin Cities is the largest metropolitan center in the area and is home to several major league sports franchises, many museums, art galleries and theaters, and the world famous Mall of America.



The Fargo-Moorhead Community Theatre Offers patrons of the performing arts an annual series of stage plays and theatrical training programs; established in 1946.



The North Dakota State Capitol and grounds are very unique and offer a wonderful centerpiece for North Dakota's capitol city, Bismarck.

Completed and occupied in 1935, North Dakota's State Capitol was built as a result of a fire which destroyed the original capitol building in 1930. North Dakota's State Capitol is one of three high rise capitol buildings in the country and represents North Dakota's tallest building. Its architecture represents the Art Deco style made popular in the 1930s and 1940s.



At the Assiniboine Park Zoo in Winnipeg, Manitoba has exhibits displaying 1,700 animals of 325 different species including native polar bear, cougars, elk and bald eagles, as well as animals from around the world, such as the Red Panda, Afghanistan Markhors, tigers, leopards and monkeys. The zoo is open daily, year-round.

Community

Today



CLUB DINING:

Tonight's Northern Lights Club special is a 10-ounce New York strip steak for \$7.95 from 5:30 to 8 p.m.

The regular Frontier Grill menu is also available.

TEENSUPREME MEETING: The youth center holds a TeenSupreme meeting every Friday for ages 14 to 18 from 9 to 10 p.m. at the Liberty Square Teen Center.

For details, call the youth center 747-3150.

LIBERTY SQUARE EVENTS: Liberty Square offers open skating tonight for ages 6 to 18 from 6 to 10 p.m. Cost is \$3 for admission and \$2 for skate rental.

The Teen Center will be open for ages 13 to 18 from 6 to 11 p.m.

Saturday



CLUB KARAOKE:

The Northern Lights Club offers Karaoke from 10 p.m. to 3 a.m.

CLUB DANCING: The Northern Lights Club offers dancing from 10 p.m. to 3 a.m. Dance to club mix music with “DJ ‘C.’”

YOUTH GALAXY BOWLING:

Dakota Lanes offers galaxy bowling for ages 9 to 12 from 6 to 8 p.m. and ages 13 to 15 from 8 to 10 p.m. Cost is \$2.50 per hour and 75 cents for shoe rental.

There must be at least 10 participants to hold this event. Register at the youth center to attend.

Monday



TORCH CLUB

MEETING: The youth center holds a meeting every Monday for ages

11 to 13 from 6 to 7 p.m.

For details, call the youth center at 747-3150.

CANDY BINGO: The youth center holds candy bingo every Monday for ages 6 to 12 from 5:30 to 6:30 p.m.

Tuesday



RED RIVER CANOE TRIP:

Register by Tuesday for outdoor recreation’s

Red Lake River canoe trip June 28.

The canoeing run will take between three and three-and-a-half hours to complete.

Cost is \$15 for adults, \$10 for children 12 and younger (must be accompanied by an adult) and \$35 for families (not to exceed four, including two adults). This fee includes transportation, canoe, paddle and lifejacket. Participants should bring their own bag lunch.

Transportation departs from outdoor recreation at 7 a.m. and returns that evening.

FOOSBALL TOURNAMENT:

The youth center is holding a foosball tournament for ages 9 to 12 at 5:30 p.m. and 13 to 18 at 7 p.m.

Wednesday

FINE ARTS PROGRAM:

The youth center is holding a fine arts program for ages 6 to 12 at 6:30 p.m. and ages 13 to 18 at 8 p.m.

For details, call the youth center at 747-3150.

Thursday

FUN BUS: The youth center’s “Fun Bus” will travel to the Redwood and Poplar playground area.

There will be games, arts and crafts, tournaments and a variety of summer-time activities for school-aged youth.

PRETEEN SCAVENGER HUNT: The youth center is holding a free scavenger hunt for ages 9 to 12 at 6:30 p.m.

There will be a prize awarded for top finishers.

TEEN PIZZA PARTY: Register by Thursday for the youth center’s pizza party for ages 13 to 18 at 8 p.m. June 28.

Participants are allowed to make their own pizzas in the youth center's kitchen and enjoy a movie with their friends.

Cost is \$5, and the youth center will provide all the ingredients and sodas.

Community

Upcoming

DEPLOYED SPOUSES

DINNER DISCOUNT: The Northern Lights Club is offering a 20 percent discount off dinner June 27 for individuals with deployed spouses.

SUMMER BASH:

Organizations or individuals who wish to participate in or volunteer for the base's annual Around the World in Ninety Days Summer Bash should call Mrs. Linda DePaolo at 747-6483/3258.

This year's Summer Bash theme is "Proud and Free in 2003!" and is scheduled for Aug. 14.

The Summer Bash is a base-wide picnic filled with events for people of all ages. Look for the schedule of events in July.

CDC CHILD CARE OPENINGS: The child development center now has several childcare openings for 3- to 5-year-olds. Care is offered Mondays through Fridays from 6:30 a.m. to 5:30 p.m.

For details, call the CDC at 747-3042.

EXTENDED DUTY CHILD CARE:

The Family Child Care Office offers an extended duty child care program to help parents obtain childcare for duty-related

reasons beyond typical childcare arrangements including:

- ▶ Temporary shift changes.
- ▶ Unplanned longer duty days or weekend duties.
- ▶ Short-term temporary duties when no other parent is available.
- ▶ Dual military or single parent deployments until children are picked up by Family Plan Air Force Form 357 designees.

Eligible users include active-duty military personnel; Department of Defense civilians; Air National Guard and Air Reserve members on active duty; FCC providers who have medical appointments or need substitute care on a limited basis; child development or school-age program staff.

First priority must be active duty and DoD civilians.

Parents must be enrolled in the program and meet the provider prior to use. For that reason, the family child care staff encourages parents who think they may need extended duty child care services in the future to enroll ahead of time to be prepared when duty calls. The FCC coordinator serves as the point of contact with parents and providers.

For details, call the FCC at 747-4167.



Photo by Cadet Jamieson Greer, BYU AFROTC

Take a load off

A KC-10 crew from Grissom Air Reserve Base, Ind., unloads a furniture delivery on base Tuesday. The furniture will be distributed to a Minnesota Indian Reservation as part of the ongoing Operation Walking Shield.



Participate in any of these events and receive an "Around the World in Ninety Days" game piece.

Mondays:

Fast Eddies *ATWIND* day
Plainsview Golf Course lunch day
ATWIND golf day at Plainsview Golf Course

Tuesdays:

Dakota Lanes lunch day
ATWIND family swim day at the base pool
Aerobics class at the sports and fitness center
Northern Lights Club barber shop *ATWIND* day

Wednesdays:

Northern Lights Club double lunch day
Airey Dining Facility lunch day
ATWIND red pin bowling day at Dakota Lanes
"Check-us-out" day at outdoor recreation
Sports and fitness center *ATWIND* day
NEISO *ATWIND* Day - noon to 4 p.m.

Thursdays:

ATWIND youth bowling day at Dakota Lanes
Skills development center *ATWIND* day
Auto skills center *ATWIND* day
Fast Eddies *ATWIND* day

Fridays:

TGIF at Northern Lights Club
Northern Lights Club family dining
Base library *ATWIND* day
Water aerobics at the base pool
Open skating at Liberty Square

Saturdays:

Sing Karaoke at the Northern Lights Club
ATWIND bowling day at Dakota Lanes

Sundays:

ATWIND golf day at Plainsview Golf Course
ATWIND family swim day at the Base Pool



Herbal wonder drugs pose no risks right?

Wrong

By Capt. Robin Johnson
319th Medical Support Squadron

They grow hair, increase energy, build muscles, help you sleep, help your sex life and rid or prevent diseases including cancer, diabetes and hypertension. They're wonder drugs! Most everyone has considered taking them; many have ...its herbal products. But don't run down to your local herbal store and stock up, many aren't as 'natural' as you think.

Many people believe that since herbs are 'natural,' there aren't any side effects and they can't hurt you. Not the true. Most herbal products are natural, however the production of the plants has increased and their potency has decreased due to recent popularity. Herbs are now grown in large quantities in fields and warehouses, not necessarily their natural surroundings. With the high demand, companies have added synthetic or non-natural ingredients to them. Side effects of some

Side effects of some herbal products, natural or synthetic, include headache, blood thinning, increased heart rate, hair loss, abortion, blindness and even death.

herbal products, natural or synthetic, include headache, blood thinning, increased heart rate, hair loss, abortion, blindness and even death.

Since herbs are not considered drugs, the Food and Drug Administration does not regulate herbal products. This may change, but for now you do not know what is in the 'natural' product you purchase. Regulation by federal law of medications ensures that the drugs are tested for safety, content and quality.

One serious consideration in choosing an herbal product is the possibility of an interaction with a medication you may already be taking. For example, Fox Glove, Lily of the Valley or Ephedra will interact with heart medications and can kill you. Chromium picolinate will decrease blood sugars and can change the effectiveness of diabetic medications being taken, possibly leading to diabetic complications.

The bottom line is if you have conditions like pregnancy, diabetes, heart problems, or asthma; consult your physician before taking any herbs. Always let your doctor and pharmacy know about anything you are taking or are considering taking including over the counter products such as aspirin, herbal products and vitamins. This gives them more knowledge to help keep you safe. Active duty members are required to let their provider know about any herbal products or medications they are taking

According to the American Association of Poison



Control Centers, ephedra accounted for 64 percent of all adverse reactions involving herbs, even though it is found in less than one percent of all herbal products sold. The FDA has reports of nearly 100 deaths following the use of ephedra.

Ephedra can be found in many products you might buy, so be sure to look at the label for any of the following names: Coa Mahaung, Desert Herb, Ephedrae herba, Ephedra sinensis, Joint Fir, Ma Huang, Ma-Huang, Mahuang, Mahuanggen (ma haung root), Muzei Mahuang, Poptillo, Sea Grape, Teamster's Tea, Yellow Astringent, Yellow Horse or Zhong Mahuang.

Ephedra most often shows up now in "performance enhancing" for athletes and can produce significant side effects in the cardiovascular, nervous and thermo-regulatory systems. It can quicken the heart rate

and cause blood vessels to constrict. The International Olympic Committee, the National Football League and the National Collegiate athletic Associations have all banned the use of ephedra. The AF Policy does not prohibit the use of dietary supplements except for anabolic steroids and hemp products as noted in AFI 44-120, Drug Abuse Testing Program. All personnel are to be strongly discouraged from using dietary supplements containing ephedra. The Bush administration has ordered a review of ephedra's safety. However, active duty members should check with their provider before trying any supplements.

Exercise good medicine for arthritis sufferers

KEESLER AIR FORCE BASE, Miss. (AFPN) — Should people with arthritis exercise? The answer to this question is a resounding "yes," according to 1st Lt. Justin Theiss, a physical therapist at the medical center here.

"Studies have shown exercise helps preserve joint mobility and function," Theiss said. "Inactive lifestyles and low fitness levels are two traits characterizing many people with arthritis."

Unfortunately, for someone suffering from an arthritic condition, prolonged inactivity can accelerate the symptoms traditionally associated with the disease. Symptoms include increased muscle atrophy, decreased

flexibility, degeneration of joint cartilage and a greater risk of bone fractures due to the loss of bone mass.

The benefits of exercise for those with arthritic conditions are numerous. Theiss said that exercise reduces joint pain and stiffness and increases flexibility, muscle strength, cardiac fitness and endurance.

"Exercise can also lead to a better psychological outlook," Theiss said. "Faithful exercisers suffer from less stress, anxiety and depression. They may get better sleep and have an improved sense of self-esteem."

Physical therapists can recommend exercises that are particularly helpful

for people suffering from arthritic conditions. The therapist designs a home-exercise program and teaches the client about pain-relief methods, proper body mechanics, joint protection and conserving energy.

Often, therapists prescribe three types of exercise:

Range-of-motion exercises help maintain normal joint movement and relieve stiffness. This helps maintain or increase flexibility.

Strengthening exercises (weight training) help keep or increase muscle strength. Strong muscles help support and protect joints affected by arthritis. Aerobic or endurance exercises like

bicycle riding improve cardiovascular fitness, help control weight and improve overall function. Weight control can be important to people who have arthritis because extra weight puts extra pressure on many joints. Some studies show aerobic exercise can reduce inflammation in some joints.

Before starting any exercise program, it is important for people to discuss their options with a doctor or other appropriate health care provider, Theiss said.

(Courtesy of Air Education and Training Command News Service)



Photo by Staff Sgt. Jerron Barnett

Staff Sgt. Charmaine Carrington is the first female on the Air Force boxing team. She will box in her first national match June 18. Carrington is a weapons-load crew chief assigned to the 33rd Aircraft Maintenance Squadron here.

Air Force’s first female boxer debuts

She beat the odds to be the first female on the Air Force boxing team and is not worried about beating her first opponent

By Staff Sgt. Jerron Barnett
33rd Fighter Wing Public Affairs

EGLIN AIR FORCE BASE, Fla. (AFPN) — An airman here is not worried about the odds of her winning her first national bout in Augusta, Ga., June 18 to 21 — she has already beat the odds to become the first female on the Air Force boxing team.

Staff Sgt. Charmaine Carrington, a 33rd Aircraft Maintenance Squadron weapons-load crew chief, is eyeing the top spot in the competition with determination.

Growing up, she was one of three girls amongst seven siblings and one of the wing’s only female airmen in munitions, so in a sport that is predominantly male, she feels right at home.

“I hadn’t really thought about being the first female at the time it happened, but it hit me later that I was,” she said. “It doesn’t bother me at all being the only female around. I’m used to it.”

Carrington only recently became interested in competing in the sport, but the California native watched matches of her favorite fighters, like Muhammad Ali, and saw herself boxing someday.

“I’ve only been interested in boxing for the last couple years,” she said. “I’ve done all the other sports, and I really just wanted to try this one.”

She found out how to join the Air Force team through her coach and friends at a local boxing club and filed her application with the help of Eglin’s fitness center workers.

Carrington contacted Tech. Sgt. Ronald Simms, one

of the team’s coaches at Lackland Air Force Base, Texas, and kept in touch until she got the response she wanted.

“I kept bugging them,” she said. “I kept calling and basically harassing them.”

Carrington finally got her chance in January. After two weeks of intense training and Simms’ tough coaching at Lackland, she won a box-off used to determine who would be chosen out of the three females trying-out.

“I get a lot of support from my family and supervisors in this, and everyone was happy I made it,” Carrington said. “It would be hard for me to do this without their support. My husband is all for it.”

Since then, the junior-welterweight has been training for her first national-level bout in the upcoming three-day tournament in Augusta. She trains six days a week, running nearly 40 miles a week, sparring and bag work.

“I’ve been working with Charmaine now for a little over two years and the enthusiasm she brings to the gym is unspeakable,” said Dennis Walker, her local boxing coach and trainer, who is assigned to the 96th Communications Group. “When she comes to the gym to train, she not only trains hard but compels others to train hard also.”

“The training is hard, but I have fun,” Carrington said.

Carrington has fought in seven bouts since she has been on the team, mostly against local amateurs. She has a spotless 7-0 record.

The level of competition in Augusta will be the best amateur female boxers the nation has to offer, and she envisions herself doing well.

“I’ll be all right. I’m fighting to be number one,” she said. “I’ll do this as long as I’m one of the best, and then I’ll find something else to do.”

Simms says this goal is well within reach.

“A very realistic expectation for Charmaine is to be ranked in the top three in the country,” he said.

(Courtesy of Air Combat Command News Service)

SOFTBALL

(as of June 16)

TEAM	WINS	LOSSES
AMXS	4	0
MOS	4	0
MXS	3	0
CES ‘B’	3	1
CS	2	1
SFS	2	2
LRS ‘B’	2	3
CES ‘A’	1	2
LRS ‘A’	1	2
OSS	1	2
905th	1	3
MSS	0	3
SVS	0	3

Intramural sports standings



GOLF

(as of June 13)

TEAM	WINS	LOSSES
COMM ‘A’	4	0
MSS	4	0
LRS ‘A’	3	1
MOS	3	1
CES	3	2
LRS ‘B’	3	2
MDG	3	2
COMM ‘B’	2	2
LRS ‘C’	2	2
SVS	2	2
MXS ‘A’	1	3
CONS	1	4
MXS ‘B’	1	4
AMXS	0	3
CPTS	0	4